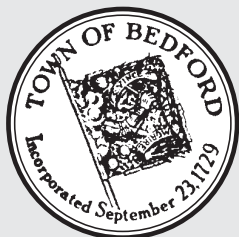


Help,  
Health,  
Fellowship...



July/August 2010

# COA CONNECTIONS

Newsletter of the Bedford Council on Aging, 12 Mudge Way, Bedford, MA 01730

Telephone 781-275-6825 E-mail: [coa@bedfordma.gov](mailto:coa@bedfordma.gov)

Website: <http://www.bedfordma.gov> to follow link to COA

Directors: Pat LeVan & Lori Wittner

COA Assistant: Lenore Dichard • COA Elder Services Coordinator: Wendy Aronson

COA Volunteer Coordinator: Ita Baird Saturday Activities Coordinator: Vicki Umanita

Chair, COA Board: Roberta Ennis

## Take a Bite out of...PIE!?

Come one, come all on Thursday July 8<sup>th</sup> at 12:30 as Stephanie Isabel of Affinity Hospice hosts a pie eating contest extravaganza at the COA. If your appetite is not large enough to participate, all are welcome to cheer on the competitors! Celebrity pie eaters will be among us for additional entertainment. And as if eating pie is not enough of an incentive, Bayberry at Emerald Court will be awarding Red Sox tickets to the winner! Please sign up at the COA if you would like to participate.

## Color, Emotion and Safely "Aging in Place"

The fun begins on Tuesday July 13 at 11:00 AM as Linda Stimson, Allied Member of ASID, IFDA shows you how to create various moods in your home. Do you want to spark conversation in your dining room and enhance the taste of your meals? Are you yearning for a peaceful, regenerative space for sleep or meditation? Would you like a home office to stir your intelligence and represent your honesty and integrity? Linda, who has successfully run Inner Visions Interiors since 1983, will also talk about some easy steps to ensure your personal safety in your home. Please bring your decorating questions!

## Understanding Medicare Changes

Join us on Monday, July 19 at 1:00 PM for an informative session with Cheryl Gresek, representative from Congressman John Tierney's office. Cheryl will be talking about the recent changes to Medicare and how they are impacting seniors.

## I Scream, You Scream, We All Scream for Ice Cream!

Come cool off at the COA on Tuesday July 20<sup>th</sup> at 12:30 PM. Our ice cream social will be sponsored by Metropolitan Home Health Services, Inc. of Arlington, who provide nursing, certified home health aides, skilled rehab, homemakers, companions, and overnight care. Please sign up at the COA if you would like to attend.



### Contents

Just for Fun	3
Calendar	4/7
For Your Health	5
What You Need	6
Ongoing Activities	8
FBCOA/ Bedford Café	9

## Trips! Trips! Trips!

**Due to North Wing renovations in the Town Center building throughout the summer months, part of the Town Hall parking lot will be closed. St. Michael's church has graciously allowed us to use their parking lot for our day trips.**

### Gloucester Harbor, July 14<sup>th</sup> - \$62

For all who have signed up for the schooner cruise on Gloucester Harbor, we will leave Bedford on July 14<sup>th</sup> at 8:30 a.m. and return at approximately 3:30 p.m. If you are interested in this trip, please check with the Council on Aging at 781 275-6825 to find out if there is still space available. The cost of the cruise on the Thomas E. Lannon and lunch at the Gloucester House is \$62.

### Spirit of Boston – August 27<sup>th</sup> - \$65

Catch the Spirit – the *Spirit of Boston*, that is, on Friday, August 27<sup>th</sup>, when Bedford seniors go for a very special Lobster Cruise. Each person will be served a lobster accompanied by clarified butter, but we will go to the buffet table for all other delicious luncheon choices. There will be green salad, pasta salad and classic potato salad, as well as mussels in a lemon garlic sauce and an herb roasted chicken dish. There is too much to mention and all of it good. Finishing off with a traditional New York style cheesecake and chocolate mousse trifle will satisfy the hungriest day tripper. We will travel to the World Trade Center on a comfortable motor coach, boarding the ship to cruise the Harbor at 11:30 a.m. The cost of “this day off” is \$65 with payment due at time of sign up. Beginning on July 6<sup>th</sup>, at 8:30 a.m. you may sign up for yourself and one other Bedford senior. **We will leave from St. Michael's parking lot** at 10:15 a.m. and return will be at approximately 4:15 p.m. Our thanks to St. Michael's Parish for allowing us use of their parking lot.

### Newport, RI – September 28<sup>th</sup> - \$78

You don't have to travel to California to visit a vineyard in grape harvesting season. On Tuesday, September 28<sup>th</sup> we will take a day trip to Newport, Rhode Island, where we will visit Newport Vineyards for a wine tasting, have lunch at the Atlantic Beach Club, and take a narrated cruise of Newport Harbor on the luxurious *Majestic*. There will also be time for shopping along Bannister's Wharf, Bowen's Wharf, and Long Wharf. The Atlantic Beach Club is the only restaurant in Newport right on the beach and we will enjoy lunch choices of baked stuffed scrod or boneless breast of chicken with accompanying potato, vegetable, dessert, rolls and butter, and coffee or tea. The cost of this busy and fun day trip is \$78 with payment and menu choice due at time of sign up. Sign up will begin on Tuesday, July 20<sup>th</sup>. On September 28<sup>th</sup> we will depart from Bedford at 8:00 a.m. and return at approximately 6:30 p.m. after a full day of pleasure in Newport.

### PLEASE PATRONIZE OUR ADVERTISERS

**ATRIA LONGMEADOW PLACE**

Independent and Assisted Living,  
with a Life Guidance® neighborhood  
for the memory-impaired.



Call today to schedule a tour.

**ATRIA LONGMEADOW PLACE**  
42 Mall Road | Burlington, Massachusetts  
781.270.9008 | [www.atriaseniorliving.com](http://www.atriaseniorliving.com)

781-10469

**Thank You**



to our  
**SPONSORS**  
for their support

  
**SUNRISE**  
SENIOR LIVING  
Of Burlington

† Assisted Living  
† Alzheimer's Care  
† Hospice  
† Home Care

Call today to schedule a tour:  
**781-229-8100**

**MENTION THIS AD TO RECEIVE  
\$2000 OFF YOUR FIRST MONTH'S RENT!**

24 Mall Road – Burlington, MA 01803  
[www.SunriseSeniorLiving.com](http://www.SunriseSeniorLiving.com)

## \*\*\* Just for Fun \*\*\*

### Fireworks Extravaganza



This year's Independence Day celebration will be held at the VA Hospital grounds on Friday July 2<sup>nd</sup>. There will be a designated seating area for seniors and disabled folks which will be roped off and more easily accessible.

### Poetry Reading

Take a nostalgia trip with George Hand on Tuesday July 13 at 1:00 PM. Come listen to a poetry reading that will take you back to a pre-teen's free time adventures. Reminisce with your memories too!



### Conservation Trail Walk!

Join Bedford Trail Committee member Mark Levine on a walk, co-sponsored by the COA and Carleton-Willard Homes walking group, in some of Bedford's conservation lands on July 8 and August 12. Walkers will meet at the COA at 1 p.m., drive to the trail, and return at about 2:30 p.m. Wear light boots or other footwear suitable for wet or muddy terrain and bring a small water bottle and a hiking pole if needed.

### Saturday Movies! Thanks to the FBCOA for our funding! (All movies begin at 1:15)

July 3: Young Victoria (2009) PG – This romantic Drama starring Emily Blunt and Rupert Friend chronicles the Early years of the British Monarch's larger-than-life reign.

July 10: Hachi: A Dog's Tale (2009) G – Richard Gere and Joan Allen star in a true story about a loyal pooch who keeps a regular vigil for his deceased master at the train station where he used to greet him every day.

July 17: Adam (2009) PG-13 – Hugh Dancy and Rose Byrne star in this romantic movie about a beautiful teacher whose socially awkward neighbor, Adam, has a breakthrough and begins to flirt with her.

July 24: Did You Hear About the Morgans? (2009) PG-13 – This comedy stars Hugh Grant and Sarah Jessica Parker who play a high-powered, estranged couple from Manhattan. When they witness a murder, they must say goodbye to their sophisticated city life and enter the witness protection program in Wyoming.

July 31: Its Complicated (2009) R – Meryl Streep and Alec Baldwin star in this comedy about the Adlers, who after 10 years of divorce, have a passionate reunion at their son's college graduation; however, he is married and she has embarked on a new relationship with her architect.



### AUGUST IS MATT DAMON MOVIE MONTH!!!



August 7: The Informant (2009) R – Melanie Lynskey co-stars in this thriller about an affable executive who, while gathering evidence against his institutional employer to help the FBI, begins to piece together a fantasy world of his own.

August 14: Invictus (2009) PG-13 – Co-starring Morgan Freeman co-stars in this drama based on real life events. Director Clint Eastwood tells the story of how Nelson Mandela used the 1995 World Cup rugby match to unite his people after the apartheid ended.

August 21: The Rainmaker (1997) PG-13 – This Drama co-stars Danny DeVito. Rudy Baylor, a young attorney with no clients goes to work for a seedy ambulance chaser who wants to help the parents of a terminally ill boy in their suit against an insurance company.

August 28: The Legend of Bagger Vance (2000) PG-13 – This romantic drama co-stars Will Smith and Charlize Theron. A disillusioned war veteran reluctantly agrees to play a game of golf. He finds the game futile until his caddy, Bagger Vance, teaches him the secret of the authentic golf stroke which turns out also to be the secret to mastering any challenge and finding meaning in life.

**Classic Movie!** Tuesday August 10 1:00 The Lion in Winter (1968) Katherine Hepburn, Peter O'Toole, Anthony Hopkins. An aging and conniving King Henry II plans a family reunion where he hopes to appoint a successor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Open Bridge, Cards, Pool, and Computers 8 to 4 Monday through Friday</b>	<b>1</b> 10:00 ..... Exercise 11:30 ..... Making the Most of Your Life 1:00 Current Ev./Tai Chi 4:00 ..... Thursday Cl./ Bereaved	<b>2</b> 9:00 Exercise/Walking Club 9:30 ..... Yoga 10:00 ..... Federal Benefits 10:30 ..... Meditation 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing/Nurse's Hours	<b>3</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Young Victoria
<b>5</b> HOLIDAY - Closed 	<b>6</b> 9:30 ..... Exercise 1:00 ..... Writing Group 7:30 ..... Divorce	<b>7</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Computer Club 11:45 ..... Lunch	<b>8</b> 10:00 ..... Exercise 12:30 ..... Pie Eating contest 1:00 ..... Current Ev./Tai Chi/ Trail walk 4:00 ..... Thursday Cl./ Bereaved	<b>9</b> 9:00 Exercise/Walking Club 9:30 ..... Yoga 10:30 ..... Meditation/ Stroke Group 11:45 ..... Lunch 1:00 Scrabble/Line Dancing	<b>10</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Hachi A Dog's Tale
<b>12</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... BINGO 11:45 ..... Lunch 12:30 ..... BP at COA 1:00 ..... Stitchery/ Poker 1:30 ..... Taking Care of Yourself & Others	<b>13</b> 9:30 ..... Exercise 11:00 ..... Linda Stimson 1:00 ..... Poetry Reading 7:30 Divorce	<b>14</b> 8:30 ..... Gloucester 9:00 ..... Walking Club/ Exercise 10:00 ..... Genealogy 11:45 ..... Lunch	<b>15</b> 10:00 ..... Exercise 1:00 Current Ev./Tai Chi 4:00 ..... Thursday Cl./ Bereaved	<b>16</b> 8:30 ..... Podiatry 9:00 Exercise/ Walking Club 9:30 ..... Yoga 10:00 ..... C. Murphy 10:30 ..... Meditation 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing/Nurse's Hours	<b>17</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Adam
<b>19</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch 1:00 ..... Stitchery/ Poker/ Cheryl Gresek: Medicare changes	<b>20</b> 9:30 ..... Exercise 12:30 ..... Ice Cream Social 1:00 ..... Writing Group 7:30 ..... Divorce	<b>21</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch	<b>22</b> 10:00 ..... Exercise 1:00 Current Ev./Tai Chi 4:00 ..... Thursday Cl./ Bereaved	<b>23</b> 9:00 Exercise/Walking Club 9:30 ..... Yoga 10:30 ..... Meditation 11:45 ..... Lunch 1:00 Scrabble/Line Dancing	<b>24</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: Did You Hear About the Morgans?
<b>26</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch 1:00 ..... Stitchery/ Poker	<b>27</b> 9:30 ..... Exercise 12:30 ..... BP at Ashby 7:30 ..... Divorce	<b>28</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch	<b>29</b> 10:00 ..... Exercise 1:00 Current Ev./Tai Chi 4:00 ..... Thursday Cl./ Bereaved	<b>30</b> 9:00 Exercise/Walking Club 9:30 ..... Yoga 10:30 ..... Meditation 11:45 ..... Lunch 1:00 Scrabble/Line Dancing	<b>31</b> 1:00 ..... Bridge, cards, pool 1:15 ..... Movie: It's Complicated



# The Inn at Robbins Brook

ASSISTED LIVING • MEMORY CARE

*Where We Treat You Like Family*

10 Devon Drive, Acton, MA 01720

**Call Today! 978-264-4666**

## CD RATES TOO LOW? LET'S TALK.




**Barb Davis**  
Financial Advisor

50 Mall Road Ste G15  
Burlington, MA 01803  
781-229-2040

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



## DO YOU KNOW DAISY?

**ELDER CARE HOME SERVICES**  
DoYouKnowDaisy.com

Quality care, attentiveness, and the promise of being trustworthy, dependable and supportive to our clients and their family members.  
Contact Daisy Girfalco at **339.223.3099**



## ❄️❄️❄️ For Your Health ❄️❄️❄️

### Taking Care of Yourself & Others

We all have challenges and disappointments in our lives, but how you respond can make all the difference in the world between being generally happy and able to cope and letting stress get you down. Come to the COA on Monday July 12 at 1:30 to hear Patricia O'Flynn, a Certified Wellness Coach with the Samaritans, Inc., discuss simple healthy lifestyle changes that can enrich your physical and emotional well being. The program is funded through a grant from the Department of Public Health.

### Fitness in August

The Council on Aging will be offering a four-week mini session in August. Dates will be August 2<sup>nd</sup>-August 27<sup>th</sup>. Cost for the session will be \$40 and we will need at least 30 participants to offer the following classes:

**Combo Classes:** Monday (Andrea Dollett), Wednesday and Friday (Sharon Cummings) at 9 AM.

**Weight Strengthening:** Tuesday 9:30 AM and Thursday 10 AM (Sophia Halilova)

**Pilates and Stretch:** A half hour of Pilates and stretch starting at 10 AM Mondays (Andrea Dollett)

**Tai Chi** Thursdays 1:00 PM – Cost will be \$20 for the 4-week mini-session. Payments can be made directly to the instructors.

### NEWS FROM SHINE

#### (Serving Health Insurance Needs of Elders)

Health Care Reform will begin helping Medicare Beneficiaries in June 2010. If you have heavy prescription costs you may be approaching the infamous “donut hole” or gap in your prescription coverage. In 2010 Medicare beneficiaries who reach the gap will receive \$250 from Medicare. You do not need to file a claim. The check for \$250 will be sent to you automatically. The first checks will go out in June and then quarterly thereafter. Once you are in the gap you are responsible for 100% of the costs of your prescriptions until the total retail costs reach \$6,440 at which time you move into the catastrophic portion of the plan and you will be responsible for 5% of the cost of your prescription. In 2011 more steps toward closing the “donut hole” will take place and by 2014 the gap will be closed. Stay tuned for more updates on Health Care Reform and Medicare.

### Support Groups

**Making the Most of Your Life** Come to this discussion group on July 1 and August 5 at 11:30 to share what gives you joy and get ideas for living the rest of your life more fully.

**Newly Bereaved Group** This group meets Thursdays at 4 PM for those who have recently lost a loved one, especially a spouse.

**Stroke Group** Stroke patients and families are invited to meet on July 9 and August 13 at 10:30 AM.

**Divorce Support Group** This group is for those who are recently divorced or separated and meets each Tuesday at 7:30 p.m.

*Please call to let us know you are coming to support groups.*

GET WISE ...

**ADVERTISE!**

Call Senior Citizen

Publishing at 617-254-4545

or visit us at



W W W . S E N I O R P U B S . C O M



Quality of life:  
*Extraordinary.*



**CARLETON-WILLARD VILLAGE**

100 OLD BILLERICA ROAD • BEDFORD, MA 01730  
781.275.8700 • WWW.CARLETON-WILLARD.ORG

## ◆◆◆ What You Need To Know ◆◆◆

---

### Hospice 101 with Jeopardy!

Join us on Monday August 9<sup>th</sup>, 10:30 AM, for a special edition of Jeopardy with our guest host, Stephanie Isabel of Affinity Hospice. Stephanie will be covering the ins and outs of hospice, including what Medicare covers. This informational session will be followed by a game of Jeopardy to test your new knowledge. Prizes will be given out to those who participate.

### Will You Qualify for Medicaid if you Need It?

Medicaid, also known as MassHealth, can cover a senior's cost of long-term care if he or she meets stringent financial qualifications. Join us on Wednesday August 11 at 1:00 PM for a seminar with Attorney Eric Prichard from Brown & Brown PC. Eric will talk about what kind of care Medicaid covers, the financial regulations that apply, and whether the state can or cannot come after your assets once you are on Medicaid. He will also discuss options for seniors who are concerned about protecting their assets from the costs of long term care.



### Kindle Demonstration

Join us on Tuesday August 24<sup>th</sup> at 1 PM for a special demonstration by Richard Callaghan, Director of the Bedford Free Public Library! Richard will be talking about the Kindle, an electronic device that is designed primarily for the purpose of reading digital books and periodicals. Come learn the basics of how this innovative gadget works and why so many people are using them!

### What Everyone Should Know About Investing

Beginning in the fall, Ron Reynolds will be presenting monthly sessions on investing. The first session will be held in September and will be on "The Basics". Specific workshop dates and topics will be included in the September issue of the newsletter. Stayed tuned for more information!

---

### Tips for Staying Cool During the Summer

- Wear loose fitting, light materials such as cotton or linen
- If you do not have an air conditioner in your home, go to a place where you can get relief from the heat such as your local COA, mall, movie theater, or library in order to stay cool.
- Keep blinds or drapes closed to keep your home cool
- The best liquid to drink during hot, humid weather is water! Drink plenty of it in order to stay hydrated!
- Avoid long walks during the middle of the day when the sun is at its peak.
- Be aware of symptoms such as fatigue, confusion, headaches, nausea, dizziness and rapid heartbeat

---

### Science Club

The Science Club will not be meeting for the summer. Meetings will resume on Monday September 13<sup>th</sup>

### The Computer Corner

**Computer Club** — The Computer Club will meet on Wednesdays, July 7 and August 4, at 10 a.m. Both meetings will be informal gatherings to share information and solve problems.

**Drop-In will resume in September**

**Get Answers by Email!** Todd Crowley answers the computer questions of Bedford residents by email! Just email your question to AskToddC@yahoo.com.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>2</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Pilates 11:45 ..... Lunch 1:00 ..... Stitchery/Poker	<b>3</b> 9:30 ..... Exercise 1:00 ..... Writing Group 7:30 Divorce	<b>4</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Computer Club 11:45 ..... Lunch	<b>5</b> 10:00 ..... Exercise 11:30 ..... Making the Most of Your Life 1:00 ..... Current Ev/Tai Chi 4:00 ..... Thursday Cl./ Bereaved	<b>6</b> 9:00 ..... Exercise/Walking Club 10:00 ..... Federal Benefits 11:45 ..... Lunch 1:00 ..... Scrabble/Line Dancing/Nurse's Hours	<b>7</b> 1:00 Bridge, cards, pool 1:15 Movie: The Informant
<b>9</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Pilates/BINGO 10:30 ..... Hospice 101 Jeopardy 11:45 ..... Lunch 12:30 ..... BP at COA 1:00 ..... Stitchery/Poker	<b>10</b> 9:30 ..... Exercise 1:00 ..... Classic Movie: The Lion in Winter 7:30 ..... Divorce	<b>11</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Genealogy 11:45 ..... Lunch 1:00 ..... Medicaid Seminar	<b>12</b> 10:00 ..... Exercise 1:00 ..... Current Ev/Tai Chi/Trail walk 4:00 ..... Thursday Cl./ Bereaved	<b>13</b> 9:00 ..... Exercise/Walking Club 10:30 ..... Stroke Group 11:45 ..... Lunch 1:00 Scrabble/Line Dancing	<b>14</b> 1:00 Bridge, cards, pool 1:15 Movie: Invictus
<b>16</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Pilates 11:45 ..... Lunch 1:00 ..... Stitchery/ Poker	<b>17</b> 9:30 ..... Exercise 1:00 ..... Writing Group 7:30 ..... Divorce	<b>18</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch 2:00 ..... SHINE	<b>19</b> 10:00 ..... Exercise 1:00 ..... Current Ev/Tai Chi/ 4:00 ..... Thursday Cl./ Bereaved	<b>20</b> 9:00 ..... Exercise/ Walking Club 10:00 ..... C. Murphy 11:45 ..... Lunch	<b>21</b> 1:00 Bridge, cards, pool 1:15 Movie: The Rainmaker
<b>23</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Pilates 11:45 ..... Lunch 1:00 ..... Stitchery/ Poker	<b>24</b> 9:30 ..... Exercise 12:30 ..... BP at Ashby 1:00 ..... Kindle Demo 7:30 ..... Divorce	<b>25</b> 9:00 ..... Walking Club/ Exercise 11:45 ..... Lunch	<b>26</b> Bereaved 10:00 ..... Exercise 1:00 ..... Current Ev/Tai 4:00 ..... Thursday Cl./ Bereaved	<b>27</b> 1:00 ..... Scrabble/Line Dancing/ Nurse's Hours 8:30 ..... Podiatry 9:00 ..... Exercise/Walking Club 10:00 ..... Spirit of Boston	<b>28</b> 1:00 Bridge, cards, pool 1:15 Movie: The Legend of Bagger Vance
<b>30</b> 9:00 ..... Walking Club/ Exercise 10:00 ..... Pilates 11:45 ..... Lunch	<b>31</b> 9:30 ..... Exercise 7:30 ..... Divorce		<b>August 2010</b> 4:00 ..... Thursday Cl./ Bereaved 11:45 ..... Lunch	Open Bridge, Cards, Pool, and Computers 8 to 4 Monday through Friday	



## The Inn at Robbins Brook

ASSISTED LIVING • MEMORY CARE

*Where We Treat You Like Family*

10 Devon Drive, Acton, MA 01720

**Call Today! 978-264-4666**

### CD RATES TOO LOW? LET'S TALK.



**Barb Davis**  
Financial Advisor  
50 Mall Road Ste G15  
Burlington, MA 01803  
781-229-2040

[www.edwardjones.com](http://www.edwardjones.com) Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



### DO YOU KNOW DAISY?

**ELDER CARE HOME SERVICES**  
DoYouKnowDaisy.com

Quality care, attentiveness, and the promise of being trustworthy, dependable and supportive to our clients and their family members.

Contact Daisy Girfalco at **339.223.3099**

## And Don't Forget These Ongoing Activities...

### Have Some Fun!

**Bingo!** We will be playing on July 12 and August 9 at 10 AM for token gifts. All are welcome!

**Sing with the Songbirds!** The Songbirds will be taking a break for the summer. Please join us in the fall each Wednesday at 10:30 AM.

**Men's Breakfast!** Join Frank Bauman in the fall for a special breakfast for just \$3! Please sign up. The COA thanks Chip-In Farms for their donation of eggs.

**Play Scrabble!** Do you love to play Scrabble? Then come to the COA Fridays at 1 p.m. to play!

**Play Texas Hold 'Em Poker!** Stop by Monday afternoons at 1 p.m. for poker!

**The Stitchery Group** Come down each Monday at 1 p.m. to do your own stitchery projects. Help with projects is available.

**The Thursday Social Club** This is a fun group where you can meet new people and chat! It meets Thursdays at 4 p.m. in the Fitch Room.

**Bridge, Cards, Pool!** If you love to play games, come down to join a game! Most come about 1 p.m., but the room is open at 8 a.m.

---

### Health Services

**Podiatry Clinic:** Dr. Bryant Tarr's next clinic is scheduled for Fridays July 16 and August 27 from 8:00 a.m. to 11 a.m. Please call to let us know you are coming. The cost is \$25 for each treatment.

**Ask a Nurse!** The Board of Health's Judi Jelloe, R.N., will answer questions and take blood pressures on July 2 & 16 and August 6 and 20 from 1:00 till 2:00.

**Blood Pressure Clinics** will be held July 12 & August 9 at 12:30 p.m. at the COA, and July 27 & August 24 at 12:30 p.m. at Ashby.

---

### Fitness for You!

**Line Dance for Fun and Fitness!** Come line dance each Friday at 1:00. The class costs \$2. Katrina Rotundi leads the group.

**The Walking Club** will walk Mondays, Wednesdays, and Fridays starting at 9:00 a.m.

### Get Information and Advice

**SHINE Health Benefits Help!** If you have questions about health benefits, our SHINE counselor will not be here in July but will be here August 18 at 2 p.m. Call to make an appointment! If you cannot wait to speak with her, you may contact Peg Kennedy, SHINE Program Manager at Minuteman Senior Services (781) 272-7177 or toll free (888) 222-6171.

**Want to Talk to Your State Rep?** Talk with State Rep. Charles Murphy at 10 a.m. on July 16 & August 20 about state issues and problems.

**Need a Congressman's Help?** If you would like to speak with Cheryl Gresek, representative for Congressman John Tierney, about federal and other issues and problems, she will be available by phone.

**Need Legal Information?** Retired lawyer Peter Robinson is available to talk with Bedford seniors to answer simple questions on wills, estates, etc. To arrange a meeting, contact the COA.

**Federal Retiree Benefits** If you or your spouse is a federal retiree and you have a question about your benefits, Rosemary Dyer will be available at 10:00 AM on the 1<sup>st</sup> Friday of each month for a confidential chat.

---

### Share Your Interests

**Current Events** Come each Thursday at 1 p.m. to talk about national and international events, town issues, or anything else. Bill Aldorisio and Sheldon Moll lead the group.

**The Genealogy Group** meets to share information about exploring their family trees. Join them on July 14 & August 11 at 10:00 a.m.

**The Nom de Plume Writers Group** meets the first and third Tuesdays of every month at 1 p.m. The next meetings will be on July 6 & 20 and August 3 & 17. Do an exercise, share your work, and get feedback! Bring a notebook and pen or pencil. New members are always welcome.

-----



## Friends of the Bedford Council on Aging Notes

### Who are the Friends?

The Friends of the Bedford Council on Aging was established as a private, non-profit organization over 20 years ago to support the programs and services of the Bedford Council on Aging, which is a town department. The FBCOA is entirely supported by donations and fundraising. Anyone is eligible to join, no matter what their age. Being a member of the FBCOA includes exciting trips, volunteer opportunities, and eligibility to vote at meetings.

### Come to the FBCOA Meeting!

The FBCOA usually meets each second Tuesday of the month at 1 p.m. in the Flint Room of the Town Center. All are welcome! The next meeting will be September 14<sup>th</sup>.

### Fix-It Shop News

The Fix-It-Shop will re-open in mid-September. Watch battery replacement will continue thru the summer through the COA front desk drop-off.

### BJ's Memberships

The FBCOA has renewed our business membership to BJ's Wholesale Club in June. This will not impact the renewal dates for your individual memberships. If anyone is interested in taking advantage of the discounted membership (\$20!), please visit the COA for more information.

### Upcoming FBCOA Trips

Washington, D.C./Baltimore and Annapolis

October 1-4, 2010, \$389 pp/double. Four days of spectacular sightseeing in and around our Nation's capital. Full itinerary is available at the COA.

The North Pole Express to New York City

November 28-29, 2010, \$299.95 pp/double.

Featuring a day at Mohegan Sun Casino, Christmas spectacular show aboard the North Pole Express Train, and all the sights and sounds of Manhattan.

For more information on these great trips please call Theresa Pomeroy (781) 275-8588 or stop by the COA for a complete brochure.

*The Friends of the Bedford Council on Aging is an independent non-profit organization that supports the Bedford COA, a municipal agency. Your taxes support the COA; donations and dues support the FBCOA.*

## Minuteman Senior Services Bedford Café!

### Sign Up at the Bedford Café!

A delicious meal, catered by Carleton-Willard is served at the Bedford Café on Mondays, Wednesdays, and Fridays at 11:45. Please reserve even if you have established a regular schedule. To sign up, call 781-275-8542 at least two days ahead.

**Limit of 40 per day so sign up early to ensure your space!** Suggested donation: \$3.

### Can You Volunteer?

The mealsite is seeking volunteers to serve at the mealsite and to drive meals-on-wheels. Drivers are reimbursed 42 cents per mile. For more information on helping at the mealsite, call Judy Atherton at 781-275-8542. To volunteer as a driver, call Debbie Barr at 781-221-7023.

### PLEASE ACKNOWLEDGE OUR ADVERTISERS

**CONCORD PARK**  
INDEPENDENT & ASSISTED LIVING  
MEMORY SUPPORT NEIGHBORHOOD  
68 Commonwealth Avenue • West Concord, Massachusetts 01742  
978-369-4728 • [www.SeniorLivingResidences.com](http://www.SeniorLivingResidences.com)

"Quality Service All Year Round"  
**MEAD BROS.  
TREE SERVICE**  
30 Shawsheen Ave., #9  
Bedford, MA 01730  
**1-781-275-7787**

**BROWN & BROWN, P.C.**  
COUNSELLORS-AT-LAW  
110 GREAT ROAD, BEDFORD, MA.  
781-275-7267  
*Since 1925*  
• Asset Preservation • Medicaid Planning • Real Estate  
• Wills • Trusts • Estates

**LITCHFIELD BACKHOE SERVICE**  
Drainage Work • Sump Pumps Installed • Foundations  
Stump Removal • Sewer Connections • Snowplowing  
**FREE ESTIMATES • FULLY INSURED**  
Serving Bedford  
for over 25 years  
 **Call John 781-275-1539**

**CONSIDER YOUR  
GOOD NEIGHBOR...**  
  
**ADVERTISE HERE!**  
(617) 254-4545

**Thank You**  
to our  
**SPONSORS**  
for their support  


## Taste of the Market & Bike to the Market July 5<sup>th</sup> & August 16<sup>th</sup>

Bedford Farmer's Market presents Taste of the Market and Bike to the Market sponsored by Charles River Wheelmen Bike to Market Day ([www.crw.org](http://www.crw.org)). Be one of the first 50 people to ride your bike to the market and receive a \$2 coupon redeemable at all food vendors and farmers! The Bikeway Source ([www.bikewaysource.com](http://www.bikewaysource.com)) will have a bike mechanic available to check over your bike and they will give cyclists to the market 10% off parts and accessories. Bike on down to the market! Taste of the Market – See what's available at the market and how to prepare it.



### Police Liaison Number Has Changed

Our friendly neighborhood police liaison, Officer Kristen Dineen, has a new phone number by which she can be reached for NON EMERGENCY situations. Feel free to call and speak with her or leave a confidential message at **781-570-1567**. If you do leave a message, she will return your call as soon as she is able. This is a direct line to Officer Dineen and is not for emergency situations or routine police business. For emergency and/or medical situations please continue to call **911**. For the business line of the Bedford Police Department call **781-275-1212**.

### Bedford Farmer's Market

Have you been waiting for the sweetness of fresh picked produce and the variety of the market? The BFM is back for their third season better than ever! Open **Mondays 2:00-6:30 PM** through October 18 with special events throughout the season. Visit their website [www.bedfordmarket.org](http://www.bedfordmarket.org) for more information on these special events

Requested  
Service  
Address

PRESORTED  
STANDARD  
POSTAGE PAID  
BEDFORD  
PERMIT NO. 42

COUNCIL ON AGING  
Mudge Way 1-2, Bedford, MA 01730

